

Managing Diabetes With A Healthy Diet

**Satellite Conference
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**Produced by the Alabama Department of Public Health
Video Communications Division**

Faculty

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Diabetes Overview

Molly Pettyjohn, MS, RD, LD

Diabetes

- There are 2 kinds of diabetes:
- Type 1
- Type 2

Type 1 Diabetes

- Sometimes referred to Insulin Dependent Diabetes Mellitus
- Body makes no insulin or very little insulin
- Daily insulin shots are necessary
- Usually found in children or young adults that are thin or normal weight for height
- Once called Juvenile Onset Diabetes

Type 2 Diabetes

- Also known as Non-insulin Dependent Diabetes Mellitus
- No longer called Adult Onset Diabetes
- Body makes insulin but it may not work correctly or there may not be enough made
- More common than Type 1

Type 2 Diabetes (continued)

- May require medications
- In some cases, insulin may be needed
- Usually found in older adults who are overweight and have a family history of the disease

Long-Term Complications of Diabetes

- Amputations/poor wound healing resulting from poor circulation
- Vision problems
- Kidney failure
- Increased risk for high blood pressure, stroke, and heart disease

Hemoglobin A1c

- Glycosylated hemoglobin or A1c
- Tests average blood sugar control over time
- Gives you a picture of control over past 8-12 weeks

Hemoglobin A1c (continued)

- Lets you know how well your treatment plan is working
- Desired target for A1c is less than 7
- Should be checked at least 2 times a year

Managing Diabetes With A Healthy Diet

Miriam Gaines, MACT, RD, LD

Good Meal Planning Is Important Because . . .

- #1 - It can affect your blood glucose levels (sugar levels)
- It can result in a healthier way of eating for you and the entire family
 - You may lose weight
 - You may save money on food

Guidelines In Meal Planning

- A balanced meal includes food from every food group
 - Breads/ Starches
 - Vegetables (non-starchy)
 - Fruit
 - Meat
 - Milk

1. Breads/Starches

- Carbohydrates are the body's main source of energy and should be the major part of total daily intake.
- There are two types of carbohydrates:
 - Simple carbohydrates (such as sugar or honey)
 - Complex carbohydrates (such as grains, beans, peas or potatoes)

Good Carbohydrates Bad Carbohydrates?

- “Good” carbs are not processed and contain a fair amount of fiber
- Whole grain bread, oatmeal and whole grain cereals, legumes, veggies, fruits, etc.
- Complex



Complex Carbs

–Complex carbohydrates are preferred because:

- They are more nutritious
- They have fewer calories per gram compared to fat
- They cause fewer problems with overeating than fat or sugar
- They allow better blood glucose control

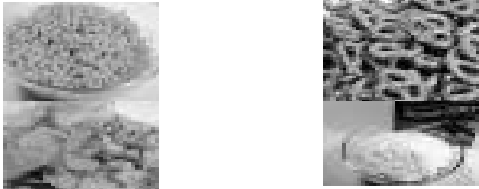
Starchy Vegetables Provide Complex Carbohydrates

- Beans: lima, baked beans, kidney, navy
- Corn
- Peas: field, white acre, English, black eyed, split, lentils, “farm peas”
- Potato, sweet potato
- Winter squash, pumpkin

Refined Carbohydrates

- “Bad” carbs are refined or processed
- White bread, white pasta, soda, sugary foods, including ice cream

Cut Back on High Carbohydrate Foods That Are Low in Fiber



Processed foods that contain little or no fiber are not as filling as their unprocessed counterparts.

Stay Away From High-Sugar Foods



Sugar-rich foods usually have a high calorie density and low satiety value.

2. Non-Starchy Vegetables

- Add many vitamins and minerals to the diet
- Add color to your meals with vegetables
- Do not have many calories (25 Kcal per 1/2 cup cooked serving)

Which Ones Are Non-Starchy?

Asparagus	Okra
Beans-green, wax	Onions
Beets	Pea pods
Broccoli	Peppers
Brussels sprouts	Salad greens
Cabbage	Sauerkraut
Carrots	Spinach
Greens	Tomato
Mushrooms	Zucchini

Eat More Nutrient Rich Non-Starchy Vegetables



Raw and cooked vegetables
Salads

3. Fruit

- Fresh, water-packed canned, dried
- Careful with calories in dried fruits
- Choose more whole fruit than juice products



4. Meat Group

- Provides protein
- Foods from animals
 - Milk, cheese
 - Eggs
 - Meat
- Plant products
 - Dried peas and beans
 - Lentils
 - Nuts

Substitute Lean Protein in Place of High-Fat Protein



Include beans in your meals a few times a week. Choose fish, shellfish and white meat poultry without skin in place of fatty red meats and processed meats like sausages and hot dogs.

5. Milk

- Choose 1% or less fat milk
- Milk is needed at all ages
- New studies show milk is need for more than strong bones.
- Three servings per day

Use Fats & Oils Sparingly



Refined fats and oils have the highest calorie density and lowest satiety value of all foods. The less the better.

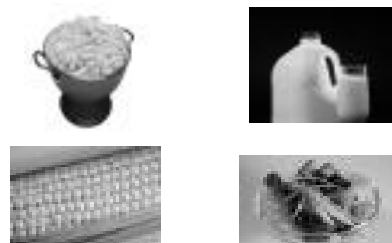
Don't Drink Your Calories



Research indicates that liquid calories have a low satiety value so they don't fill you up.

Foods That Affect Blood Sugar . . .

Carbohydrates do the most!



Carbohydrates In Your Diet

- We need carbohydrates as part of a healthy eating plan
- **FIRST, REMEMBER THAT....**
One serving of a carbohydrate food = 15 grams carbohydrate, whether it is a fruit, vegetable, milk or starch

Which Food Groups Provide Carbohydrates?

- A serving of fruit = 1 carbohydrate
- A serving of starch = 1 carbohydrate
- A serving of milk = 1 carbohydrate
- A serving of a starchy vegetable = 1 carbohydrate
- Non-starchy vegetables are slightly different
- Three servings of vegetables = 1 carbohydrate
- Do not count unless eating large amounts

How Many Carbohydrates Are Needed At Each Meal?

- Usually, around 3-4 carbohydrates per meal (or 45-60 grams)
- Some people may need 2-3 carbohydrates between meals as a snack (or 30-45 grams)

Putting It ALL Together: The Plate Planner

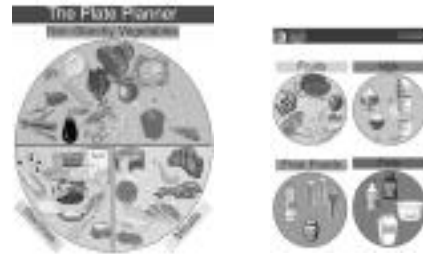


Plate Planner Tips

- Half of the plate is non-starch vegetable
- One-fourth of the plate is meat
- One-fourth of the plate is bread/starch
- Small fruit to the side
- Milk serving to the side

Before Changing Meals

- Talk with your doctor

PHYSICAL ACTIVITY For Health and Fitness

Anita Sanford, RN

Physical Activity = Movement

- Does not require a gym membership
- Moderate activities:
 - walking, swimming, raking leaves, biking
- Vigorous activities:
 - jogging, racquetball
- Current recommendations: a minimum of 30 minutes of moderate PA daily
- 10 or 15 minute segments acceptable

Exercise and Diabetes Control

- Exercise usually lowers blood sugar
- Helps the body use its food supply better
- May help insulin work better
- If overweight, can, with good nutrition, help take off extra pounds
- Good for heart health
- Should be done regularly and at least several days a week

Benefits of PA For All

- Reduces the risk of heart disease and high blood pressure
- Reduces blood triglyceride levels
- May reduce risk of certain cancers (colon and breast)
- Helpful in prevention and control of diabetes and osteoporosis
- May enhance weight loss & maintenance
- Reduces stress and energizes

Precautions

- *Consult your health care provider before beginning any program of activity*
- If just starting an activity program, start slowly
- Example: raise arms and legs while seated; walk in place during a TV commercial break
- In time, add slow walking, 5 to 10 minutes to start, gradually working up to 30 minutes daily

TIPS For Healthy Activity

- Warm up before exercise: 5 minutes of slow walking. Include gentle stretching to improve flexibility.
- A cool down period after physical activity gradually brings the heart rate down.
- Moderate use of light weights helps maintain or enhance upper body strength.
- Drink plenty of water before exercise and frequently during and after exercise.

Additional Tips

- If diabetic, monitor blood sugar before and after exercise, and wear comfortable, good fitting walking shoes.
- Cotton-polyester socks keep the feet dry and minimize trauma to the feet.
- Check feet daily for pressure sores, and blisters.

Recommendations

- Keep activity safe, simple and enjoyable.
- Plan activity into your day.
- Make family time activity time – get children involved.
 - Walk with the children to and from school.
 - Visit a park or the zoo together.

Recommendations

- Fly a kite, throw a Frisbee, shoot some hoops.
- Share household chores.
- Plant and cultivate a garden.
- Turn off the TV and take a walk.

Leisure Time Activities

- Stretch while watching a TV program.
- Walk with friends in the neighborhood or park.
- Take the dog for a longer walk.
- Mow the lawn; rake leaves; wash the car.
- Vacuum, mop, sweep.

Leisure Time Activities

- Walk around the mall before shopping.
- Park the car farther from the store entrance.
- Turn a coffee break into a walking break.
- Put on some music and dance!

In Summary

- Have a medical exam before beginning any exercise program.
- Exercise is an important part of good diabetes control.
- Regular, moderate, physical activity is important for a healthy lifestyle for all.
- Physical activity should be safe, simple and FUN!